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- 26. (Previously canceled)
- 27. (Previously canceled)
- 28. (Previously canceled)
- 29. (Previously canceled)
- 30. (Currently amended) A dual loop synchronization system comprising: a phase lock loop (PLL) having a phase/frequency detector (PFD), a voltage controlled oscillator (VCO), and a phase shifter coupled to said VCO configured in a feedback loop with said PFD, and receiving a local reference clock signal;
  - a first-in first-out (FIFO) register receiving a parallel data input;
- a write counter receiving a write clock signal and providing an output to said FIFO register;
- a read counter receiving a read clock signal and providing an output to said FIFO register:
- a comparison module receiving output signals from both said write counter and said read counter to generate the fill level; and
- a delayed lock loop (DLL) having a detector coupled to the output of said FIFO register for detecting the fill level of said-FIFO and a digital loop filter coupled between said detector and said phase shifter of said PLL to produce a phase shift in said PLL.
- 31. (Previously presented) A dual loop synchronization system as in claim 30, wherein said PLL is embedded within the DLL:
- 32. (Currently amended) A dual loop synchronization system as in claim 30, wherein said detector coupled to the output of said FIFO register for detecting the fill level of said FIFO register is a phase detector.

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- 33. (Currently amended) A dual loop synchronization system as in claim 32, wherein said detector coupled to the output of said FIFO register for detecting the fill level of said FIFO register is a binary phase detector.
- 34. (Canceled)
- 35. (Previously presented) A dual loop synchronization system as in claim 30, wherein said PLL further comprises:
  - a loop filter coupled between sad PFD and said VCO.
- 36. (Currently amended) A dual loop synchronization system as in claim 35, wherein the loop filter coupled between sed said PFD and said VCO is configured as a wide bandwidth loop for suppressing VCO phase noise.
- 37. (Currently amended) A dual loop synchronization system as in claim 30, wherein said digital loop filter coupled between said detector and said phase shifter of said PLL to produce a the phase shift in said PLL is a narrow bandwidth filter.
- 38. (Canceled)
- 39. (Canceled)
- 40. (Canceled)
- 41. (Currently amended) A method for data synchronization in a plesiochronous system comprising the steps of:

receiving write data in a <u>first-in first-out (FIFO) register</u>;
detecting the fill level of the FIFO <u>register</u> at the input of a <u>delay locked</u> <u>loop (DLL)</u>;

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providing a signal based on the detected fill level to a <u>phase lock loop</u> (PLL);

receiving a local reference clock signal in the PLL; shifting the phase of the local reference clock signal in the PLL in response to the signal based on the detacted fill level provided by the DLL.

- 42. (Currently amended) A method for data synchronization in a plesiochronous system as in claim 49 41, further comprising: filtering the signal based on the detected fill level in the DLL before providing it to the PLL.
- 43. (Currently amended) A method for data synchronization in a plesiochronous system as in claim 42, wherein the step of filtering is performed with in a narrow bandwidth filter.
- 44. (Currently amended) A method for data synchronization in a pleslochronous system as in claim 49.41, wherein in the step of receiving a the local reference clock signal in the PLL, the local reference clock is received at a phase/frequency detector in the PLL and further comprising: filtering a signal at the output of the phase/frequency detector in a loop filter; and
  - providing the output of the loop filter to a VCO.
- 45. (Previously presented) A method for data synchronization in a plesiochronous system as in claim 44, wherein the step of filtering is performed in a wide bandwidth filter.
- 46. (New) A dual loop synchronization system comprising:
  a phase lock loop (PLL) having a phase/frequency detector (PFD), a
  voltage controlled oscillator (VCO), and a phase shifter coupled to said VCO

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configured in a feedback loop with said PFD, and receiving a local reference clock signal;

- a first-in first-out (FIFO) register receiving a parallel data input;
- a write counter receiving a write clock signal and providing an output to said FIFO register;
- a read counter receiving a read clock signal and providing an output to said FIFO register;
- a reset counter receiving input signals from both said write counter and said read counter;
- a register receiving input signals from both said reset counter and said read counter to generate the fill level; and
- a delayed lock loop (DLL) having a detector coupled to the output of said FIFO register for detecting the fill level of said-FIFO and a digital loop filter coupled between said detector and said phase shifter of said PLL to produce a phase shift in said PLL.

## 47. (New) A dual loop synchronization system comprising:

- a phase lock loop (PLL) having a phase/frequency detector (PFD), a voltage controlled oscillator (VCO), and a phase shifter coupled to said VCO configured in a feedback loop with said PFD, and receiving a local reference clock signal;
  - a first-in first-out (FIFO) register receiving a parallel data input;
- a write counter receiving a write clock signal and providing an output to said FIFO register;
- a read counter receiving a read clock signal and providing an output to said FIFO register;
  - a binary decoder:
- a plurality of phase detectors receiving input signals from both said write counter and said read counter and providing output signals to said binary decoder to generate the fill level; and

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a delayed lock loop (DLL) having a detector coupled to the output of said FIFO register for detecting the fill level ef-said FIFO and a digital loop filter coupled between said detector and said phase shifter of said PLL to produce a phase shift in said PLL.